

Mackerel with seeds of **paradise** wrap



6 people

15 min preparation time

None cooking time

All ingredients

3 tins of 80 g of [la belle-iloise flaked mackerel with Grains of Paradise](#)
6 wheat tortillas
100 g hearts of palm, drained
250 g carrots
200 g tomatoes
1 teaspoon mustard
100 g fromage frais
2 pinches salt
6 lettuce leaves
A few sprigs of fresh chives or coriander.

Steps

- 1- In a salad bowl, mix the fromage blanc, mustard, salt and la belle-iloise mackerel flakes.
- 2- Peel and grate the carrots.
- 3- Dice the tomatoes into small cubes.
- 4- Slice the hearts of palm.
- 5- Gently combine the vegetables and the creamy fish mixture with the sauce.
- 6- Roll each tortilla into a cone.
- 7- Place a leaf of lettuce in each tortilla and top up with your preparation.
- 8- Sprinkle a little chopped chives (or coriander) over the top.